

## *In the Wake of Trauma:*

### **Tips for College Students**

- Whether or not you were directly affected by a traumatic event, it is normal to feel anxious about your own safety, to picture the event in your own mind, and to wonder how you would react in an emergency
- People react in different ways to trauma. Some may become irritable or depressed; others lose sleep or have nightmares; and others may deny their feelings or simply “blank out” the troubling event. There is no “right” or “wrong” way to feel after experiencing trauma
- While it may feel better to pretend the event did not happen, in the long run, it is best to be honest about your feelings and to allow yourself to acknowledge the sense of loss and uncertainty
- It is important to realize that, while things may seem off balance for a while, your life will return to normal
- It is important to talk with someone about your sorrow, anger, and other emotions, even though it may feel difficult to talk about it initially.
- You may feel most comfortable talking about your feelings with a professor, mental health counselor, or mentor on campus. The important thing is to share your feelings with someone you trust. Find someone you can confide in.
- It is common to be angry/cast blame at others. This desire comes from our loyalty for the victim. In our grief we may react in ways we normally wouldn't. Be mindful of what you say/how you respond to others.
- While you will always remember the tragic loss, the painful feelings will decrease over time, and you will come to understand that, in learning to cope with tragedy, you have become stronger, more adaptable, and more self-reliant.